



The Mini Page

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Founded by Betty Debnam

Next Week:
Meet Hattie
Caraway

When News Is Bad



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Over the past year or so, Americans and people around the world have heard a lot of scary news. Listening to news reports about tragic events can make us feel afraid for our own safety.

The Mini Page spoke with an expert to find out how kids can manage their feelings about safety and security when the news is bad.

What is terrorism?

We hear about terrorism, but we may not be sure exactly what it means. **Terrorism** is the use of violent or destructive acts to frighten people. Terrorists usually have a goal — to show their power, to get revenge, or to make a statement about how they think people should act.

For instance, in the attacks in Paris last November, a group calling itself the Islamic State was seeking revenge for military action by the French in Syria and Iraq.

But not all bad news is considered to be terrorism. We can also be upset by tragic accidents or natural disasters.

How we react

News of events like those in Paris can be overwhelming. We may have many questions about what happened. Kids may want to know:

1. Why would someone do this?
2. Do I have to worry about something like this happening to me?
3. Could I have done anything to prevent this event?

The answers to these questions can be

really complicated. We can't always figure out why a person or group would terrorize other people. Even if we can find a reason, it may not make sense to us.

Especially when something bad happens in a kid's life, he may wonder if it's his fault. Younger kids may come up with an explanation that helps them feel safer. For example, if a small school bus is involved in a bad crash, a child may feel safe only if she rides a big school bus, even though in reality that may not be any safer.

How can we feel safe?

After a frightening event, kids may start to worry about something similar happening in their community. If you're worried, it's important to share your fears with your family or teachers. For example, you might want to discuss:

1. What's being done to keep you safe? For instance, your school doors may be locked.
2. Talk about your specific fears. Sometimes the things that scare us are based on our misunderstanding of what has happened.
3. How can you manage your feelings? You might feel better if you can help others in your school or community. Watching the news with your family, then talking about it, may help. Sometimes, a hug from Mom or Dad or a favorite teacher is just the thing you need.

Mini Fact:

Even though we hear a lot about terrorism, the chances of you being a victim of a terrorist attack are very small.

Looking out for danger

Kids should also be comfortable telling an adult if they see or hear something that seems dangerous. But experts say we shouldn't label a certain type of person as dangerous. Signs of danger should be based on **behavior**, or how a person acts — not on how he or she looks or is dressed.

For example, if someone is acting angrily or seems to be hiding something, it could be time to alert an adult.

Keep talking

Remember, if you're worried or upset about tragic events in the news, it's important to talk with others. Bad feelings are like a fungus — if we don't treat them, they'll just keep growing. Don't be afraid to tell a friend, family member or teacher that you're concerned about what you've heard.



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Resources



On the Web:

- For parents and teachers: bit.ly/1neQoI8

At the library:

- "My Book About War and Terrorism: A Guided Activity Workbook for Children, Families and Teachers to Encourage Healthy Expression, Learning and Coping" by Gilbert Kliman, M.D., and Harriet Wolfe, M.D.
- "Malala Yousafzai: Warrior With Words" by Malala Yousafzai

Try 'n' Find

Words that remind us of events in the news are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



ACCIDENT, BEHAVIOR, DESTRUCTIVE, DISASTER, EVENTS, FRIGHTEN, NATURAL, NEWS, PARENTS, REPORTS, SAFETY, SECURITY, SHARE, TALK, TEACHERS, TERRORISM, TRAGIC, VIOLENT, WORLD, WORRY.

S W M A C C I D E N T K L A T
S E B S T E R J L E Y S A T N
T T C E I E V E C W T H R N E
N R R U H R A E T S E A U E T
E A W O R A O C N S F R T L H
R G O K P I V R H T A E A O G
A I R Z R E T I R E S S N I I
P C L W O R R Y O E R X I V R
Q N D E V I T C U R T S E D F

Cook's Corner

Veggie Blossom

You'll need:

- 1 round cucumber slice
- 7 to 9 round carrot slices
- 1/2 celery stalk

- 1 tablespoon cream cheese or peanut butter
- 2 spinach leaves



What to do:

1. Wash all vegetables; peel and slice.
2. Place cucumber slice in middle of plate.
3. Position carrot slices around the cucumber to form petals.
4. Spread peanut butter or cream cheese on celery stalk. Place stalk on lower part of cucumber slice to form a stem.
5. Arrange spinach leaves on either side of the celery stalk. Makes 1 blossom.

* You'll need an adult's help with this recipe.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. gift (7) _____
2. not raw (6) _____
3. pig sound (4) _____
4. plastic toy bricks (5) _____
5. what you smell with (4) _____
6. 10-cent coin (4) _____
7. head of a school (9) _____

ED	CI	PRE	LE
DI	NO	NT	OI
PRIN	SE	PAL	SE
COOK	ME	GOS	NK

Answers: present, cooked, oink, Legos, nose, dime, principal.

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Mini Jokes



Harry: What is a tree's favorite drink?
Heidi: Root beer!

Eco Note



Lunchtime trash is the second-largest source of waste in U.S. schools. Take a no-garbage lunch to school. Rinse and reuse plastic bags and carry milk in a Thermos.

adapted with permission from "The New 50 Simple Things Kids Can Do to Save the Earth" by The Earthworks Group, Andrews McMeel Publishing (andrewsmcmeel.com)

Thank You



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Teachers:

For standards-based activities to accompany this feature, visit: bbs.amuniversal.com/teaching_guides.html

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